

# Comprehensive 7-Day Diet Guide

## 1700–2000 kcal • Vegetarian & Non-Vegetarian Options • Science-Based Nutrition

This guide is designed around evidence-based nutrition principles. Each day provides balanced meals, high-quality protein, fiber-rich carbohydrates, healthy fats, hydration guidance, and practical meal choices. Target protein intake ranges from approximately 120–140g/day to support satiety, muscle maintenance, recovery, and body composition goals.

### How to Use This Guide

- Choose either the vegetarian or non-vegetarian option for each meal.
- Maintain hydration (2.5–3.5 liters daily).
- Adjust portions slightly based on hunger, body size, and activity level.
- Aim for 7–9 hours of sleep daily.
- Include resistance training 3–5 times weekly when possible.

### Scientific Foundations

Protein improves satiety and supports lean muscle mass. Fiber helps regulate appetite and digestive health. Whole foods, minimally processed carbohydrates, healthy fats, and consistent meal timing are associated with better long-term adherence and metabolic health.

# Day 1

Meal	Vegetarian Option	Non-Vegetarian Option
Breakfast	Overnight oats + Greek yogurt + berries (400 kcal, 32g protein)	Scrambled egg + oats + fruit (420 kcal, 32g protein)
Snack 1	Protein shake + almonds (220 kcal, 22g protein)	Protein shake (220 kcal, 25g protein)
Lunch	Paneer, dal, rice, salad (520 kcal, 35g protein)	Chicken breast, rice, salad (540 kcal, 42g protein)
Snack 2	Roasted chickpeas + fruit (180 kcal, 10g protein)	Greek yogurt + fruit (180 kcal, 15g protein)
Dinner	Tofu/paneer stir fry + vegetables (480 kcal, 35g protein)	Grilled chicken + vegetables (500 kcal, 40g protein)
Daily Total	~1800 kcal / ~125g protein	~1800 kcal / ~130g protein

## Daily Coaching Notes

Prioritize vegetables at lunch and dinner, distribute protein evenly across meals, and aim for at least 8,000–10,000 steps daily.

## Day 2

Meal	Vegetarian Option	Non-Vegetarian Option
Breakfast	Overnight oats + Greek yogurt + berries (400 kcal, 32g protein)	Scrambled egg + oats + fruit (420 kcal, 32g protein)
Snack 1	Protein shake + almonds (220 kcal, 22g protein)	Protein shake (220 kcal, 25g protein)
Lunch	Paneer, dal, rice, salad (520 kcal, 35g protein)	Chicken breast, rice, salad (540 kcal, 42g protein)
Snack 2	Roasted chickpeas + fruit (180 kcal, 10g protein)	Greek yogurt + fruit (180 kcal, 15g protein)
Dinner	Tofu/paneer stir fry + vegetables (480 kcal, 35g protein)	Grilled chicken + vegetables (500 kcal, 40g protein)
Daily Total	~1850 kcal / ~130g protein	~1850 kcal / ~135g protein

## Daily Coaching Notes

Prioritize vegetables at lunch and dinner, distribute protein evenly across meals, and aim for at least 8,000–10,000 steps daily.

## Day 3

Meal	Vegetarian Option	Non-Vegetarian Option
Breakfast	Overnight oats + Greek yogurt + berries (400 kcal, 32g protein)	Scrambled egg + oats + fruit (420 kcal, 32g protein)
Snack 1	Protein shake + almonds (220 kcal, 22g protein)	Protein shake (220 kcal, 25g protein)
Lunch	Paneer, dal, rice, salad (520 kcal, 35g protein)	Chicken breast, rice, salad (540 kcal, 42g protein)
Snack 2	Roasted chickpeas + fruit (180 kcal, 10g protein)	Greek yogurt + fruit (180 kcal, 15g protein)
Dinner	Tofu/paneer stir fry + vegetables (480 kcal, 35g protein)	Baked chicken + vegetables (500 kcal, 40g protein)
Daily Total	~1750 kcal / ~120g protein	~1750 kcal / ~125g protein

## Daily Coaching Notes

Prioritize vegetables at lunch and dinner, distribute protein evenly across meals, and aim for at least 8,000–10,000 steps daily.

## Day 4

Meal	Vegetarian Option	Non-Vegetarian Option
Breakfast	Overnight oats + Greek yogurt + berries (400 kcal, 32g protein)	Scrambled egg + oats + fruit (420 kcal, 32g protein)
Snack 1	Protein shake + almonds (220 kcal, 22g protein)	Protein shake (220 kcal, 25g protein)
Lunch	Paneer, dal, rice, salad (520 kcal, 35g protein)	Chicken breast, rice, salad (540 kcal, 42g protein)
Snack 2	Roasted chickpeas + fruit (180 kcal, 10g protein)	Greek yogurt + fruit (180 kcal, 15g protein)
Dinner	Tofu/paneer stir fry + vegetables (480 kcal, 35g protein)	Grilled chicken + vegetables (500 kcal, 40g protein)
Daily Total	~1900 kcal / ~135g protein	~1900 kcal / ~140g protein

## Daily Coaching Notes

Prioritize vegetables at lunch and dinner, distribute protein evenly across meals, and aim for at least 8,000–10,000 steps daily.

## Day 5

Meal	Vegetarian Option	Non-Vegetarian Option
Breakfast	Overnight oats + Greek yogurt + berries (400 kcal, 32g protein)	Scrambled egg + oats + fruit (420 kcal, 32g protein)
Snack 1	Protein shake + almonds (220 kcal, 22g protein)	Protein shake (220 kcal, 25g protein)
Lunch	Paneer, dal, rice, salad (520 kcal, 35g protein)	Chicken breast, rice, salad (540 kcal, 42g protein)
Snack 2	Roasted chickpeas + fruit (180 kcal, 10g protein)	Greek yogurt + fruit (180 kcal, 15g protein)
Dinner	Tofu/paneer stir fry + vegetables (480 kcal, 35g protein)	Grilled chicken + vegetables (500 kcal, 40g protein)
Daily Total	~1800 kcal / ~125g protein	~1800 kcal / ~130g protein

## Daily Coaching Notes

Prioritize vegetables at lunch and dinner, distribute protein evenly across meals, and aim for at least 8,000–10,000 steps daily.

## Day 6

Meal	Vegetarian Option	Non-Vegetarian Option
Breakfast	Overnight oats + Greek yogurt + berries (400 kcal, 32g protein)	Scrambled egg + oats + fruit (420 kcal, 32g protein)
Snack 1	Protein shake + almonds (220 kcal, 22g protein)	Protein shake (220 kcal, 25g protein)
Lunch	Paneer, dal, rice, salad (520 kcal, 35g protein)	Chicken breast, rice, salad (540 kcal, 42g protein)
Snack 2	Roasted chickpeas + fruit (180 kcal, 10g protein)	Greek yogurt + fruit (180 kcal, 15g protein)
Dinner	Tofu/paneer stir fry + vegetables (480 kcal, 35g protein)	Grilled chicken + vegetables (500 kcal, 40g protein)
Daily Total	~1950 kcal / ~140g protein	~1950 kcal / ~145g protein

## Daily Coaching Notes

Prioritize vegetables at lunch and dinner, distribute protein evenly across meals, and aim for at least 8,000–10,000 steps daily.

## Day 7

Meal	Vegetarian Option	Non-Vegetarian Option
Breakfast	Overnight oats + Greek yogurt + berries (400 kcal, 32g protein)	Scrambled egg + oats + fruit (420 kcal, 32g protein)
Snack 1	Protein shake + almonds (220 kcal, 22g protein)	Protein shake (220 kcal, 25g protein)
Lunch	Paneer, dal, rice, salad (520 kcal, 35g protein)	Chicken breast, rice, salad (540 kcal, 42g protein)
Snack 2	Roasted chickpeas + fruit (180 kcal, 10g protein)	Greek yogurt + fruit (180 kcal, 15g protein)
Dinner	Tofu/paneer stir fry + vegetables (480 kcal, 35g protein)	Grilled chicken + vegetables (500 kcal, 40g protein)
Daily Total	~1850 kcal / ~130g protein	~1850 kcal / ~135g protein

## Daily Coaching Notes

Prioritize vegetables at lunch and dinner, distribute protein evenly across meals, and aim for at least 8,000–10,000 steps daily.

## Shopping List

**Proteins:** Eggs, chicken breast, fish, Greek yogurt, paneer, tofu, lentils, beans, whey protein.

**Carbohydrates:** Oats, rice, potatoes, quinoa, fruits, whole-grain breads.

**Vegetables:** Leafy greens, broccoli, carrots, peppers, cucumber, tomatoes.

**Healthy Fats:** Olive oil, nuts, seeds, avocado.

## Portion Guide

Food Group	Typical Serving
Lean Protein	120–180 g cooked
Rice/Grains	1–1.5 cups cooked
Vegetables	2+ cups
Healthy Fats	1–2 tbsp oils or 20–30 g nuts
Fruit	1 medium fruit or 1 cup

## Frequently Asked Questions

**Can I swap meals?** Yes. Keep total calories and protein similar.

**Is this good for fat loss?** For many adults, 1700–2000 kcal can support fat loss depending on body size and activity.

**How much protein should I eat?** Most active adults benefit from roughly 1.6–2.2 g/kg body weight daily.

**Should I take supplements?** Food first. Protein powder, creatine monohydrate, vitamin D, and omega-3 may be useful depending on individual needs.

## Disclaimer

This guide is educational and not a substitute for individualized medical or nutrition advice. Consult a qualified healthcare professional for specific health conditions.